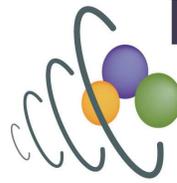


# ***Hear It Is!***

## ***Oregon***



**Hearing Loss  
Association  
of Oregon**

Winter 2008

Issue 32

## **Managing the Emotional Side of Hearing Loss**

**by Marc F. Zola, MEd, MFT**

“The Courage to Go Slow”

*Facing the Challenge—A Survivor’s Manual for Hard of Hearing People*, compiled by HLA-Oregon, is full of great information and provides a healthy balance of coping strategies for managing both the physical *and* emotional impact of hearing loss. From how to handle potentially difficult situations like eating out or managing at the workplace to choosing ALDs, the 60-ish paged manual is surprisingly encyclopedic in its thoroughness.

There is one nugget of advice, though, that I wish stood out a bit more. Buried within the “Use humor....” paragraph on page 20 is a suggestion to ‘be patient with *yourself*.’ As a therapist, I often see clients who are either lost in a sea of hopelessness, unreasonable expectations, despair, or frustration. When people are depressed, feeling better seems so far away that acknowledging existing small successes is either too difficult to do or seems meaningless through the fog of lost interest. When depression hits, we tend to think of everything we *must* do to get better, but as a result may get quickly overwhelmed and avoid taking any bit of action altogether. This process, though, is not limited to depression. Worry or even thoughts about making change often stops us from starting any new change process.

It seems there are several ways to read the *Survivor’s Manual*. One would be to read it cover to cover, study each suggestion or intervention, and do everything possible to improve one’s quality of the life. Or one could attempt to master a section of the guide—like the “general coping” and “difficult situation” sections. In those two sections alone there are about 70 helpful coping tips. [*cont’d page 4*]

*Hear it is!* #32, Winter 2008. Published quarterly by the Hearing Loss Association of Oregon, PO Box 22501, Eugene, OR 97402. Michael Eury Chuck Vlcek, editors. (Editorial assistance by Karen Swezey, David Viers, and Karin Smith)

*Hear it is!* will regularly print your hearing loss-related stories – personal experiences, coping strategies, and evaluations of technology are welcomed. Maximum word count is 500 words. Article contributions should be made to the editor at [cvlcek@centurytel.net](mailto:cvlcek@centurytel.net).

For advertising information and rates , contact Karen Swezey at [kswezey@efn.org](mailto:kswezey@efn.org).

Deadline for Spring 2008 edition: March 10, 2008.

## From My Lips to Your Ears

Editorial by Michael Eury

*It's difficult to be positive about hearing loss.*

Let's face it: By an act of birth, genetics, fate, or misfortune, those of us who are hearing impaired endure the ongoing challenge of trying to live a normal life while one of our five senses is pulling a disappearing act. For most people, hearing is as natural as, say, turning on a faucet and having water pour out—but for us, that “faucet” is tapped dry, or sputtering to a slow drip.

Even as our immensely valuable support network such as the HLAA and our hearing-care specialists help us navigate the world, it seems the entire culture behind that network couches itself in “negative” terms: We're taught to “cope,” and are issued “survivor's manuals.” Don't get me wrong—I'm not minimizing the severity and trauma of hearing loss, or the hurdles we have to overcome in our quiet world where supposedly routine activities such as telephone conversations and watching television throw us for a loop. Like most of you, I wake up to relative deafness until “plugging in” my hearing aids, and then begin the daily ritual of struggling to keep up in a world of sounds I can't always hear or hear well. I won't mince words: It's horrible.

But I'd like to share with you perhaps the greatest “secret” I've discovered since I decided to deal with, rather than deny or be depressed by, my eroding hearing: Instead of dwelling on how bad it is to go deaf, I've learned to flip-flop my thinking and embrace the positive aspects of hearing loss.

“Positive aspects of hearing loss?!!” you may be saying to yourself. “This guy's sipped one too many glasses of eggnog!”

Nope, I never touch eggnog, thank you very much (too fattening ... but mimosas—now *that's* another story).

And now you're probably saying, “Come on, wise guy, tell me what's positive about hearing loss.”

Okay...

You can't hear your spouse snore at night.

Those obnoxious loudmouths next door don't bother you anywhere near as much as they do the rest of your family.

And if you play the “hearing impaired” card, you just might get excused from jury duty.

But seriously, hearing loss is a great educator. It teaches us patience, compassion, determination, and gratitude, attributes far from commonplace in our self-indulgent, instant-gratification society.

And it's given us friends. The next time you're at an HLA meeting, survey the faces you see. The room might be filled with doctors, teachers, bankers, office workers, cooks, carpenters, retail clerks, retirees, soldiers—diverse people you probably never would have met without the unifier of hearing loss.

So during this holiday season, where thanksgiving is a part of our culture, and where we begin the New Year with a fresh perspective buttressed by hope, let's challenge ourselves to approach each day “accentuating the positive,” as the old jazz tune goes. Instead of thinking, “It's a burden to wear these hearing aids,” instead try thinking, “I'm so thankful I *have* these hearing aids.” Before long, your attitude will change for the better ... and *that* will be music to your ears.

**IMPORTANT ANNOUNCEMENT:** This is my final edition as *Hear It Is!* editor. In September, my wife and I moved back to our native North Carolina after 21 years away (14 of which were in Oregon). It's wonderful to be near family again, but I will miss the lovely state of Oregon and all of you in HLA-Oregon. It has been my honor and pleasure assembling this newsletter—a feat I never could have done without guardian angels Karen Swezey, David Viers, and Cathy Sanders. Thank you, friends!

Please join me in welcoming Charles Vlcek (cvlcek@centurytel.net), the new editor of *Hear It Is!*, who has valiantly stepped in as “Mr. Deadline-Saver” by handling the design of this issue, and will take over the newsletter (assisted by Karin Smith) with the first 2008 edition. Good luck, Chuck, and best of luck to you all. I hope our paths cross again...

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For questions or comments, contact  
the OTRS Account Manager:  
[damara.g.paris@sprint.com](mailto:damara.g.paris@sprint.com)

## Emotional Side of Hearing Loss (from page 1)

There is yet another way to face the challenge, as the *Survivor's Manual* describes: Pick one thing. Too often when we try to adjust or make changes in our lives we bite off more than we can chew. It is somewhat of a paradox, but most lasting change comes about in changing slowly. Think of Las Vegas, of all things. The slot-machine gambler seeks the excitement of the big payoff and methodically places coins in the machine waiting for a big payoff that is designed by the slot-machine manufacturers to rarely come. But with each addition of a coin and push of the button (that replaced the old slot machine lever), the gambler gets closer and closer to the casino's goal of taking his money. In other words, the gambler who hopes for vast gain is doomed to disappointment, while the casino uses the tried and true psychology of incremental change to garner vast profits.

Choosing and employing one coping strategy or piece of advice from the *Survivor's Manual* is not a guarantee that things will get better right away. But expecting to be able to choose and use all of the advice and strategy right away is a guarantee that things will not improve. If we would take a lesson from the casino operators, perhaps we would: set aside a small percentage of income for long-term savings instead of longing for a big windfall; tell our partners, children, and family members we love them with simple, small, consistent, daily words and actions instead of occasional outpourings of praise or gifts to make up for what we haven't said or done; go to a social event, even if you don't feel like it, instead of waiting to be in a "great mood"; open *Facing the Challenge: A Survivor's Manual for People with Hearing Loss* to a random page, pick one thing, and try it out (even if you have tried it before); and, if you don't have one, get a copy of the *Survivor's Manual* (information on how to do so appears in this newsletter).

### My daughter thought I was losing my mind. *I was losing my hearing.*

The other day I called my daughter to ask how she's been lately and was frightened to hear, "I've been fainting from stress."

As it turns out I hadn't heard her correctly and what she really said was, "I've been painting, it's a mess."

That was it, I was tired of being frustrated when using the phone. So I called CapTel. It was simple to do and the people were very helpful. Now I have a CapTel phone and I can see every word right on the phone. I won't have to be confused like that ever again.

Thank you CapTel!



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or 1-800-648-3458 (TTY) or email us at [puc.tdap@state.or.us](mailto:puc.tdap@state.or.us) to see if you qualify and get back to using the phone again.

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# OREGON PUBLIC UTILITY COMMISSION

OTAP  
TDAP

\* OREGON TELEPHONE ASSISTANCE PROGRAM  
\* TELECOMMUNICATION DEVICES ACCESS PROGRAM

**NEED HELP PAYING YOUR MONTHLY PHONE BILL? CONTACT OTAP:**  
Oregonians who are on a qualifying assistance program may receive a reduction in their monthly bill for local residential telephone service.

E-mail:

**HAVING TROUBLE OR UNABLE TO COMMUNICATE BY TELEPHONE? CONTACT TDAP:**  
Loans specialized telecommunication equipment at no cost and with no income restrictions to eligible Oregonians who are deaf, hearing, vision, speech and mobility impaired.

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Salem, OR 97308-2148

**ADDRESS:**  
550 Capitol St NE, Suite 215  
Salem, OR 97301-2551

**PHONE:**  
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(800) 648-3458 TTY  
(877) 567-1977 FAX  
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Monday – Friday 8am - 5pm



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### In-Service Training

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Hard of Hearing Adults  
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Deaf and hard-of-hearing people and other members of traditionally underrepresented groups are strongly encouraged to apply. Contingent upon continued federal funding, tuition waivers and/or stipends are available.

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## Oregon Health & Science University Department of Otolaryngology/Head and Neck Surgery



### Hearing Services

- Cochlear Implants
- Hearing Aids
- Hearing Screening
- Baha Implants
- Vestibular Testing
- Assistive Listening Devices
- Research and Education

**Hearing, Vestibular, and Cochlear Implant Services**  
503-494-5171

**Sean O. McMenomey, MD, FACS**  
503-494-8135

### Cochlear Implant Staff

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Elyse M. Jameyson, MA, CCCA

### Audiology Staff

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Jennifer J. Strode, MS, CCCA  
Jessica L. Hagen, MA, CCCA

VITDD

[cochlear@ohsu.edu](mailto:cochlear@ohsu.edu)  
[www.ohsu.edu/ent](http://www.ohsu.edu/ent)

# AOL, Google, Microsoft, Yahoo! Unite to Advance Online Media Captioning

Courtesy of Mike Kaplan, October 4, 2007

In an effort to overcome technology and production barriers, the leading providers of Web-based video have joined with media access pioneer WGBH/Boston to develop solutions that will increase the amount of online video accessible to people who are deaf or hard of hearing.

AOL, Google, Microsoft, and Yahoo! have asked WGBH and its Carl and Ruth Shapiro Family National Center for Accessible Media (NCAM) to establish and manage the Internet Captioning Forum (ICF). The ICF will initially address the technical challenges presented by online video repurposed from broadcast or other previously captioned sources, as well as video created specifically for the Web. "More and more people are turning to the Internet to get their news, watch programs, and other video," says WGBH's Director of Media Access, Larry Goldberg. "The scarcity of captions online is due to a variety of challenges, including a proliferation of media and text formats and players, editing of programs originally distributed with captions, and lack of clear online caption production and delivery requirements. The founding members of the ICF are all companies long dedicated to making their products and services accessible to people with disabilities. They recognize that working together on this challenge is the best, fastest, and

most practical way to get more captioned video on the Web."

The collaboration is expected to yield a range of solutions and tools, among them:

- A database for online media distributors, populated by major captioning providers, of previously captioned programs. This tool will facilitate the location and reuse of existing caption files.
- Technical and standards documents, case studies, and best practices for accomplishing pervasive online video captioning.
- Demonstrations of innovative practices to preserve captions while editing and digitizing captioned videos. In addition to the global audience of people who are deaf or hard of hearing, beneficiaries of the ICF's initiative also include people who rely on translation engines to convert caption text into other languages, people using online video in noisy situations or at work, and search engines that use caption text to search and retrieve online videos.

## HLAA Convention 2008 to Be Held in Reno

The Hearing Loss Association of America (HLAA) National Convention 2008 will be held at the Grand Sierra Resort and Casino in Reno, Nevada, on June 12-15, 2008.

Early Bird Registration is open! Sign up by December 31, 2007 to receive big discounts. Membership has its privileges. If you're a member, check out HLAA's Full Activity Package for even more savings for the annual convention.

Do you want to get premiere exposure for your business or organization at the National Convention? Then why not exhibit, sponsor, or advertise at Convention 2008? To put your name on our mailing list for HLAA'S Convention 2008 Prospectus, please contact Christopher T. Sutton at [csutton@hearingloss.org](mailto:csutton@hearingloss.org).



# Oregon Telephone Assistance Program (OTAP) Application

Online OTAP applications: To print or complete an online application please visit: <http://www.rspf.org>.

The Oregon Telephone Assistance Program (OTAP) can help you with your phone bill. If you have telephone service and receive one of the following qualifying benefits, you can receive the current reduction of up to \$13.50 off your phone bill.

- Food Stamps
- Temporary Aid to Needy Families (TANF)
- Supplemental Security Income (SSI)
- Certain State Medical Programs or State Medicaid

The following is a list of residential phone companies that participate in OTAP  
 There are 3 cellular phone companies that participate ~ they are highlighted and marked with an \* below.

ASOTIN	CLEAR CREEK	HOME PHONE CO.	MT. ANGEL	PINE PHONE CO.	ST PAUL
BEAVER CREEK	COLTON	MALHEUR HOME	NEHALEM	PIONEER	STAYTON CO.
CANBY CO-OP	COMSPAN	MIDVALE TEL. EX.	NORTH STATE	QWEST	TRANS CASCADE
CASCADE UTILITIES	EAGLE	MOLALLA	OREGON TEL. CORP.	ROOME TEL COM	VERIZON
CENTURYTEL	GERVAIS	MONITOR	OREGON/IDARO UTILITIES	SCIO MUTUAL	
CITIZENS/FRONTIER	HELIX	MONROE	PEOPLE'S	SPRINT/EMBARQ	
* WIRELESS TELEPHONE COMPANIES			* EDGE WIRELESS	* UNICEL	* U S CELLULAR

(Cut on dotted line and mail the bottom portion of this application to the PUC)

## Oregon Telephone Assistance Program (OTAP) Application – Please WRITE clearly.

If you have a situation that prevents you from providing certain information, please contact OTAP for assistance.

Applicant's First and Last Name (The applicant's name MUST be on the phone bill)	Applicant's Social Security Number	Date of Birth
Applicant's Home Address	City	Oregon Zip
Applicant's Mailing Address (only if different from your home address)	City	Oregon Zip
Applicant's Phone Company (eligible phone company from list above)	Applicant's Phone Number ( )	

I want the phone company to reduce my phone bill each month under OTAP. I give PUC permission to verify I receive benefits from a public assistance agency and to share the information on this form with the phone company.

I understand the following:

- OTAP benefits start on the date the PUC approves the signed application.
- OTAP benefits will stop if I no longer receive one of the qualifying benefits. I will call the PUC when I no longer receive the qualifying benefits.
- My name must be on the telephone bill and I must have phone service in order to receive OTAP benefits.
- I need to allow 30-90 days for the phone company to apply the credit to my phone bill.

		Is this <u>NEW</u> phone service in the last 60 days? YES <input type="checkbox"/> NO <input type="checkbox"/>
--	--	---

Applicant's Signature

Date

Do you have questions? Call the PUC 1-800-848-4442 or 1-800-648-3458 (TTY) [Salem area: 503-373-7171]

Monday - Friday 8 a.m. to 5 p.m.

Email Address: [puc.otap@state.or.us](mailto:puc.otap@state.or.us)

**Please Mail Application to: PUC, PO Box 2148, Salem OR 97308 or Fax to: 503-378-6047**

PUC Form FM784 (12/01/06) ENG

## ***Within Earshot: News You Need to Know***

### **Optical Cochlear Implant Research**

HOH-LD-News, Oct. 27, 2007

Aculight Corporation has been awarded a new contract under the Small Business Innovation Research (SBIR) program to develop an optical cochlear implant (OCI). The \$750,000 Phase II award from the National Institutes of Health is funding a joint effort with Northwestern University of Evanston, Illinois.

“We’re laying the foundation for a laser-based cochlear implant that provides users with dramatically improved fidelity over current electrical implants,” said Mark Bendett, Aculight’s director of medical products. “This Phase II will enable Aculight to produce an OCI that can be used in research studies at Northwestern University prior to developing a model for clinical applications.”

A cochlear implant is a neural prosthetic device—an artificial extension of the body that restores lost nervous system function. Current implants work by stimulating the auditory nerve with a string of electrodes placed in the inner ear. But the devices have limitations. Electrical signals spread due to the body’s wet, salty composition. This makes stimulating specific nerve populations inside the cochlea challenging. And concurrent electrical pulses in different locations merge with one another, mistakenly stimulating the entire cochlea. While there are techniques to work around the problems, the result is still an imperfect simulation of normal hearing.

Future optically based cochlear implants could stimulate nerve fibers with unmatched accuracy because optical pulses in different places on the nerve wouldn’t interfere with each other. As a result, users could experience a level of hearing unachievable with current technology, one that would allow them to listen to the subtle

tones and nuances in music or distinguish a single voice in a noisy room.

“Dr. Claus Richter at Northwestern is a pioneer in optical-cochlear stimulation. We know from his research that optical-neural stimulation resembles auditory stimulation more closely than electrical does,” said Bendett. “This will enable us to better reproduce natural sound in our OCI product. And because an OCI can complement residual hearing, implants wouldn’t need to be restricted to the profoundly deaf like they are today. There would be a much larger pool of people that we could help.”

### **Important New Information on Cochlear Implants from the FDA**

Courtesy of Brenda Battat, HLAA, Oct. 12, 2007

The Food and Drug Administration (FDA) has issued a new Advice for Patients (AFP) on meningitis and cochlear implants to emphasize the importance of vaccination in cochlear implant recipients. We have recently received new information that prompted our sending out this second AFP.

New Information on Meningitis Risk:

- Two cochlear implant patients recently died from infections. Neither patient was fully vaccinated. One of these patients likely died because of the lack of vaccination.
- A survey of parents of cochlear implanted children showed nearly half of them did not know whether their child’s vaccination status was up to date.

The link to the complete information in the AFP is: <http://www.fda.gov/cdrh/medicaldevicesafety/atp/101007-cochlear.html>

## ***Within Earshot: continued***

### **Captions Coming to Inflight Entertainment**

HOH-LD-News, November 10, 2007

Panasonic Avionics Corporation (Panasonic), a leading global provider of in-flight entertainment (IFE) and communications systems, announced the closed captioning and subtitle functionality for its prestigious eX2 products. The user-selectable closed captioning/subtitles (CC/ST) is integrated into the eX2 media specification to allow the deaf and people who are hard of hearing to enjoy IFE on aircraft just as they enjoy TV entertainment at home.

Panasonic is dedicated to providing high-quality products and services that contribute to the well-being and happiness of people throughout the world. That is evident throughout all of its products including the latest generation IFE system, eX2, which now incorporates CC/ST developed with the WAEA (World Airline Entertainment Association) Technical Committee in compliance with D.O.T. Proposed Rule 382.69, airline requests, and the American with Disabilities Act.

The new closed captioning and subtitle feature is designed to deliver the following advantages over existing burned in captioning and subtitles:

- Ability to embed up to 12 CC/ST languages into one video file
- Passenger may select any one track or none at all
- Sharper images of the subtitles and captions
- Decrease storage requirements when compared to the existing "burned in" subtitles used in most VOD systems today

### **Telecommunication Devices Access Program (TDAP) Updates**

The Public Utility Commission of Oregon is thrilled to announce the premiere of the new TDAP brochure and application! Gone is the cumbersome seven-page application! The colorful brochure with Mt. Hood in the background includes pictures of available telephone equipment and accessories with a brief description and its use towards the corresponding disability.

The two-page application is now easier to complete! Section A is for the applicant to complete and sign whereas Section B is for the professional (physician, speech-pathologist, audiologist, hearing aid specialist, or vocational rehabilitation counselor) to complete and sign! The application and brochure can be viewed and printed online at [www.rspf.org](http://www.rspf.org) or contact us at the following information listed below to order your copy!

Public Utility Commission of Oregon  
550 Capitol St. NE, Ste. 215  
Salem, OR 97301

P.O. Box 2148  
Salem, OR 97308-2148

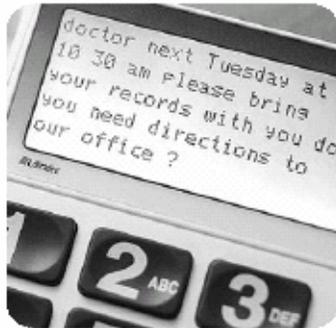
1-800-848-4442  
1-800-648-3458 (TTY)  
1-877-567-1977 (FAX)  
503-378-6211 (Videophone)  
E-mail: [puc.tdap@state.or.us](mailto:puc.tdap@state.or.us)

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## No Shipping Charge for Survivor's Manuals

Have you enjoyed your copy of the booklet, *Facing the Challenge—A Survivor's Manual for Hard of Hearing People*?

The *Survivor's Manual* has been produced by members of Hearing Loss Association of Oregon. It is intended to help the hard of hearing person, family, friends and professionals gain greater understanding of the effect of loss of hearing on communication and possible remedies. It takes into account not only the physical aspect but also the emotional, economic, and spiritual challenges. Guidance, coping skills, support, and resources are offered in confronting the trauma of loss of hearing.

Do you know of others who might benefit from having a copy? We will send copies upon request at *no charge*. If you would like to receive one or more Manuals, please email us at [kswezey@efn.org](mailto:kswezey@efn.org) or send a note to HLA-Oregon, PO Box 22501, Eugene, OR 97402.

Note: Donations are welcome and will help us with this and other outreach and education efforts in Oregon.

### Recommended Reading

A manual entitled *Demystifying Hearing Assistance Technology* has been published through the Postsecondary Education Programs Network (PEPNet). This book provides information targeting individuals who have a hearing loss but who use oral/aural and/or print communication. The first section was written by two audiologists (one of whom is a cochlear implant user) about hearing loss, hearing aids, auditory implantable devices (yes, there are more options than cochlear implants!), and hearing evaluations. The next chapter reviews the functional impact of hearing loss and discusses accommodation options in the areas of assistive listening devices, telecommunications options, alerting devices, and speech-to-text services. The final section provides informational resources.

This document can be downloaded in pdf format from [www.wou.edu/~davisc](http://www.wou.edu/~davisc) or from the PEPNet Dissemination Center at <http://pdc.pepnet.org/> (item #1221). Printed copies are also available upon request from the author (Cheryl D. Davis, Ph.D., Director, Regional Resource Center on Deafness, Western Oregon University, 345 Monmouth Ave. N., Monmouth, OR 97361).

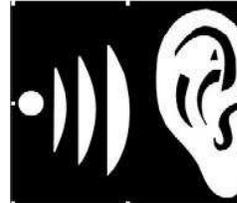
This was originally published as part of the larger volume *Hard of Hearing Students in Postsecondary Settings: A Guide for Service Providers*. This publication is the result of the work of the Hard of Hearing Task Force that first convened in December 2005. The task force, co-sponsored by the University of Arkansas Rehabilitation Research and Training Center for Persons who are Deaf or Hard of Hearing (RT-31) and PEPNet, was established to bring together a team of people with similar interests, experiences, and concerns to develop a handbook of best practices that can be used to enhance existing services and support the implementation of services where none currently exist. The resulting document is also available at no cost from the PEPNet Dissemination Center (item # 1219).

# 10 REASONS

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7. Even if you are a candidate for hearing aids, you will never be told you have to purchase one. (Hearing aids are only of benefit if you are ready to use them)
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9. Professional treatment, prompt care, personal attention and still hearing aid prices consistent with that offered by the Big Box outlets.
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**503-364-2828**

*Dr. Mehr has over 27 years experience working with individuals with hearing loss. He has served on the Oregon Speech and Hearing Association and Oregon Academy of Audiology Boards and as chairman of the Oregon Board of Examiners for Speech Pathology and Audiology.*

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## Thanks - We Can't Do It Without YOUR Help!

HLA-OR needs your financial support to continue this newsletter.

(Please note: This is different and separate from any local chapter fee you may pay.)

Using the form on the back of the newsletter, please mail your tax-deductible gift to:

HLA-Oregon  
PO Box 22501  
Eugene, OR 97402

We thank the following folks who have sent donations since the last issue:

Jim Goodwin  
Laura Maeda  
Aldridge West  
Dorothy Holbrook

Christine Leippe  
Hanya Etter  
Jo D'Antonio  
Judy Barnes

Ann Graves  
Tom Manning  
Mildred Goe

Vivian Olheir  
Ralph Tanz  
John Peterson

## WHAT'S THAT RINGING IN MY EARS? TINNITUS AND HEARING LOSS



Today's world is a noisy place. Our cities are full of noise pollution! Sources include industrial noise, heavy traffic and loud portable music players. All the noise around us increases the risk that we will experience permanent hearing loss and/or tinnitus. Hearing loss is exactly that - permanent - it is rarely reversible. Hearing aids and cochlear implants help to cope, but do not "cure" hearing loss.

Tinnitus affects over 360,000 Canadians. Persons with tinnitus perceive sounds that do not really exist. Tinnitus is often described as a buzzing or ringing in the ears. However, individuals report a wide range of sounds of varying durations and varying intensities. Sometimes the sounds are accompanied by pressure or pain in or around the ear or by a painful sensitivity to sounds. The impact of tinnitus ranges from annoying to debilitating.

While tinnitus is often associated with hearing loss, people with normal hearing can also be affected by it. Tinnitus is invisible and difficult to explain to others, adding to the frustration of those affected. The potential causes are many, but it is often difficult to identify the actual cause in an individual case. Many persons with tinnitus report that consuming

caffeine, nicotine, alcohol, aspirin, or some other drugs sometimes makes their tinnitus temporarily worse. Other factors such as high-salt diets, stress, fatigue, loud noises, and even quiet environments may also contribute to an awareness of heightened levels of tinnitus.

There are ways to cope with tinnitus. Hearing aids, maskers, and various forms of stress-reduction and other forms of therapy are a few of the things that can be done to better cope with tinnitus specifically. It is important to be aware of what tinnitus is. This awareness raises the likelihood of early detection, which in turn increases the chances of slowing its progression as well as that of any associated hearing loss.

The goal at CHHA is to raise awareness of the hard of hearing community and educate individuals about hearing loss. To learn more about the Canadian Hard of Hearing Association, conditions such as tinnitus, and what you can do to protect your hearing, visit their website at <http://www.chha.ca> or call Voice: 613-526-1584 TTY: 613-526-2692, Toll-Free: 1-800-263-8068 (In Canada Only).

### WE NEED YOU!

#### The Elections for new Hearing Loss Association of Oregon Board Members is coming up April 19, 2008!

There will be at least three openings for new board members this year and we need **YOU!** HLAO needs your interests, your input, your experience and your ideas. Our mission requires folks from all areas in Oregon and all walks of life because hearing loss affects *everyone!*

Candidates should to submit a short biography detailing their experience with hearing loss and their interests for becoming a member of the board to Peter Johnson by email: [moggio85@gmail.com](mailto:moggio85@gmail.com), or in writing to: 3075 SW Flower Terrace, Portland, Oregon 97239. Please submit your piece by March 15, 2008.

**Please feel free to ask any questions you may have!**

# Chapters in Oregon

Local chapter meetings are open to all. Family, friends, and professionals are encouraged to attend and become involved. Through chapter meetings and newsletters you'll find:

- *Insights into effectively living with hearing loss*
- *Support/Referrals/Information*
- *Information about the latest technology*
- *Coping strategies & tips*
- *An opportunity to make a difference*
- *Diminished feelings of isolation and aloneness*
- *Opportunities to share concerns and hear from others*



We believe in education - for those who hear well and those who cannot - so that both may understand the causes, challenges and possible remedies for hearing loss. At our meetings, you'll find a comfortable place where hearing loss is accepted and not a problem. Many people report that being a part of a Hearing Loss Assoc. group has made a major difference in their lives. Your participation benefits not only you, but others who attend as well. Following is a list of the current chapters and contact people in Oregon.

**Bend Hearing Loss Association meets on the 2<sup>nd</sup> Wednesday of the month – 6:00PM at the St. Charles Medical Center - Rehabilitation Conference Room - Bend**

Contact: Lois Johnson  
e-mail: tomloisj@yahoo.com  
(541) 388-6869

**Hearing Loss Assoc. of Lane County meets 2nd Thursday each month - 7 PM at the Hilyard Community Center, 2580 Hilyard Street - Eugene.**

Contacts: Andrea Cabral  
e-mail: angora@comcast.net  
(541) 345-9432 voice  
PO Box 22501  
Eugene, OR 97402

Linda Diaz  
warmheart2@comcast.net  
(541) 345-3212

**Central Oregon Coast Hearing Loss Assoc. Chapter is currently inactive. Interested people can contact Cindy Campbell for information and support as well as updates on meeting dates and times.**

Contacts:  
Cindy Campbell  
e-mail: hgnw@charter.net  
(503) 922-1961 or  
1 (877) 271-7620 toll free  
4202 NE 43<sup>rd</sup>  
Neotsu, OR 97364

**Hearing Loss Assoc. of Clackamas County meets 2nd Tuesday each month - 2PM at the Adult Community Center, 505 G St. - Lake Oswego**

Contact: Karen Jacobson  
e-mail: jkaren4@comcast.net  
(503) 635-3856  
3166 Stonebridge Way  
Lake Oswego, OR 97034

**Hearing Loss Assoc. of Portland meets the 3rd Tuesday each month - 7 PM at the Good Samaritan Hospital in the Wistar-Morris Conference Room - NW 22nd & Marshall – Portland**

Contact: Mark Foster  
e-mail: hey\_foster@hotmail.com  
(503) 413-7348 - voice or TTY  
PO Box 2112  
Portland, OR 97208  
www.shhhor.org/portland/

**Hearing Loss Assoc. of Douglas County meets the 2nd Monday each month - 7 PM at the Mercy Hospital Community Education Room - 2459 Stewart Parkway -Roseburg (between Parkway Pharmacy & OfficeMax)**

Contact: Lorene Russell  
e-mail: rlrussell@mcsi.net  
(541) 679-9655  
732 Mulberry Lane  
Roseburg, OR 97470

**Hearing Loss Assoc. of Lebanon meets the 3<sup>rd</sup> Thursday of each month – 6:30 PM at the Senior Center – 65 “B” Academy Square – Lebanon**

Contact: Bob Williams  
e-mail: robertiw@comcast.net  
(541) 258-5818  
2020 South 12<sup>th</sup> #111  
Lebanon, OR 97355

**Hearing Loss Assoc. of Salem the 2nd Wednesday each month - 6:30 PM at the Salem Rehabilitation Hospital – Room 2A 2561 (2<sup>nd</sup> floor) 2561 Center St. NE**

Contact: Kathy Ladd  
e-mail: SHHHSalem@aol.com  
(503) 394-3863  
38427 Shelburn Dr.  
Scio, OR 97374

***If you are interested in starting a chapter in your area, contact:***

Cindy Campbell,  
Oregon Chapter Coordinator  
e-mail: hqnw@charter.net  
(877) 271-7620 Toll free or  
(503) 922-1961  
4202 NE 43<sup>rd</sup>  
Neotsu, OR 97364  
or

Chapter Coordinator  
Hearing Loss Assoc. of America  
(the National Office)  
e-mail: tbarrient@hearingloss.org  
(301) 657-2248 - voice  
(301) 657-2249 - TTY  
(301) 913-9413 - FAX  
7910 Woodmont Avenue Suite 1200  
Bethesda, MD 20814

## **Sizzling by the Sea!**

**Leading through Listening,  
Laughing, and Learning.**

**Sponsored by Sprint.**

**Date: April 18, 19, and 20, 2008**

**Place: Arnold Beach Haven in Newport Beach**

<http://hearinglossor.org/>

**To reserve your spot, send your name,  
e-mail & address, and \$15 to HLA-OR,**

**PO Box 22501, Eugene, OR 97402**

**Questions? Ask Cathy  
[catsindallas@q.com](mailto:catsindallas@q.com) or (541) 610-6626**



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Here It Is! Oregon Winter 2008 Newsletter

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E-Mail \_\_\_\_\_

I learned about the newsletter from: \_\_\_\_\_

- Enclosed is my contribution of \$\_\_\_\_\_ to support the **Hearing Loss Association** outreach programs in Oregon. Contributions will be acknowledged in the next issue.
- I wish to remain anonymous.
- I cannot contribute but would like to receive the newsletter.
- I want to join **Hearing Loss Association of America**, the National Organization. Please enroll me as a member. I'm including my \$25 membership fee.

Or you can sign up online at [www.hearinglossOR.org](http://www.hearinglossOR.org) (click membership, then click application)

Donations to support **Hearing Loss Association** outreach efforts should be made payable to **Hearing Loss Association of Oregon** and mailed to P.O. Box 22501, Eugene, OR 97402.